

Ministry of Science and Higher Education of the Russian Federation  
Federal State Autonomous Institution of Higher Education  
“National Research Nuclear University “MEPhI”

INSTITUTE OF GENERAL PROFESSIONAL TRAINING

DEPARTMENT OF PHYSICAL EDUCATION

APPROVED ИТС ИФИБ

Protocol No. 3.1

dated 30.08.2024

**ACADEMIC COURSE OUTLINE**

**PHYSICAL CULTURE (ELECTIVE DISCIPLINE)**

Educational program track (speciality) [1] 31.05.01 General Medicine

<b>Semester</b>	<b>Labour input, credits</b>	<b>Total course academic, hours</b>	<b>Lectures, hrs.</b>	<b>Practical sessions, hrs.</b>	<b>Laboratory sessions, hrs.</b>	<b>In the form of practical studies, hrs.</b>	<b>Independent studies, hrs.</b>	<b>Independent studies monitoring, hrs.</b>	<b>Course progress, Exam/Pass-fail exam/Term</b>
1	0	65	0	65	0		0	0	
2	0	18	0	18	0		0	0	
3	0	65	0	65	0		0	0	
4	0	18	0	18	0		0	0	
5	0	54	0	54	0		0	0	
6	0	54	0	54	0		0	0	
7	0	54	0	54	0		0	0	PFE
Total	0	328	0	328	0	0	0	0	



## **ABSTRACT**

Academic discipline "Physical Culture (elective discipline)" is realized in the amount of 328 academic hours in full-time education in the form of practical training to ensure the proper level of physical fitness of students.

Electivity of discipline is provided by a possibility for student to choose the direction of the sport or the sports section (sambo, football, volleyball, basketball, "general physical training", rugby, fitness aerobics, etc.), taking into account health status, interests, level of physical fitness.

The discipline "Physical Culture (elective discipline)," includes sections: "Practical" and "Control the chosen type of physical training"

In the section "Practical" in accordance with the curriculum of the chair of the department students perform the required minimum of educational and training occupations in order to improve the functional and motor abilities of the organism, the directed formation of qualities and personality traits; achieve physical perfection, strengthening of health and for caution and prevention of occupational diseases.

Section "Controlling the chosen type of physical training" provides the control of the successful completing of the educational discipline the material. Measurement of the functional state and the level of special physical readiness is based on test cases selected areas of sports and physical fitness, in a special department committing of the relevant test cases are allowed only in the absence of contraindications due to individual variations in health.

### **1. ACADEMIC COURSE GOALS AND OBJECTIVES**

The objectives of the development of educational discipline "Physical Culture " (elective discipline) is the formation of physical culture of the person.

To achieve this goal provides the following educational, educative, developmental and health problems:

- Understanding of the role of physical culture in the development of the person and its preparation for professional activities;
- Knowledge of the theoretical and practical bases of physical training and a healthy lifestyle;
- Formation of the motivational - value attitude to physical training, motivation on a healthy lifestyle, physical self-improvement and self-education, the necessity of regular physical exercise and sports;
- mastering the system of practical skills, that providing the preservation and strengthening of health, mental well-being, development and improvement of mental and physical abilities, skills and personality traits, self-determination in physical education;
- Provision of general and professional-applied physical readiness for their future profession;
- Acquisition of experience of the creative use of sports activity to achieve life and career goals.

### **2. PLACE OF THE ACADEMIC COURSE IN THE MAIN HIGHER EDUCATION CURRICULUM**

Basic unit of the block 1 of main educational program

### 3. DEVELOPED COMPETENCIES AND INTENDED LEARNING OUTCOMES

Universal and/or general professional competencies:

Competency code and title	Code and title of competency-based rubrics
ОПК-3 [1] – Capable of countering the use of doping in sports and preventing it.	3-ОПК-3 [1] – Know: - the content of the concepts "doping" and "anti-doping rule violation"; - the consequences of doping use and anti-doping rule violations Y-ОПК-3 [1] – Be able to: - explain the consequences of ignoring and violating anti-doping rules in sports B-ОПК-3 [1] – Possess skills in: - countering the use of doping
YK-7 [1] – Capable of maintaining an adequate level of physical fitness to ensure full social and professional functioning	3-YK-7 [1] – Know: - scientific and practical foundations of physical culture, prevention of harmful habits and healthy lifestyle; - principles and methods of individual exercises with various specific purposes; methods for monitoring and assessing physical fitness Y-YK-7 [1] – Be able to: - apply diverse means of physical culture and sports in practice for maintaining and strengthening health and psychophysical preparation; - utilize physical education means and methods for professional-personal development, physical self-improvement, and formation of a healthy lifestyle B-YK-7 [1] – Possess skills in: - performing individually tailored sets of health-improving and adaptive (therapeutic) physical exercises to ensure full social and professional functioning

### 4. PEDAGOGIC POTENTIAL OF THE COURSE

Pedagogic tracks/objectives	Pedagogic goals (code)
Physical education	Establishing conditions for: formation of a healthy lifestyle culture, the development of the ability to preserve and improve one's health (B8)

### 5. ACADEMIC COURSE STRUCTURE AND CONTENT

Academic course sections, their scope, terms of study and assessment:

No.	Academic course section name	Weeks	Lectures/ Practical (seminars)/ Laboratory sessions, hrs.	Compulsory current assessment (form*, week)	Maximum grade per section**	Section assessment (form*, week)	Competency-based rubrics
	<i>1 Semester</i>						
1	Practical	1-8	0/30/0		20	SA-8	3-ОПК-3,

							3-УК-7
2	Control by the selected type of physical training	5-15	0/5/0		30	SA-15	У-ОПК-3, У-УК-7
3	Final	9-15	0/30/0		50	SA-15	В-ОПК-3, В-УК-7
	<i>Totals for 1 Semester</i>		0/65/0		100		
	<b>Assessment events for 1 Semester</b>				0	SA	В-ОПК-3, В-УК-7
	<i>2 Semester</i>						
1	Practical	1-8	0/6/0		20	SA-8	3-ОПК-3, 3-УК-7
2	Control by the selected type of physical training	4-15	0/4/0		30	SA-15	У-ОПК-3, У-УК-7
3	Final	9-14	0/8/0		50	SA-15	В-ОПК-3, В-УК-7
	<i>Totals for 2 Semester</i>		0/18/0		100		
	<b>Assessment events for 2 Semester</b>				0	SA	В-ОПК-3, В-УК-7
	<i>3 Semester</i>						
1	Practical	1-8	0/30/0		20	SA-8	3-ОПК-3, 3-УК-7
2	Control by the selected type of physical training	5-15	0/5/0		30	SA-15	У-ОПК-3, У-УК-7
3	Final	9-15	0/30/0		50	SA-15	В-ОПК-3, В-УК-7
	<i>Totals for 3 Semester</i>		0/65/0		100		
	<b>Assessment events for 3 Semester</b>				0	SA	В-ОПК-3, В-УК-7
	<i>4 Semester</i>						
1	Practical	1-8	0/6/0		20	SA-8	3-ОПК-3, 3-УК-7
2	Control by the selected type of physical training	4-15	0/4/0		30	SA-15	У-ОПК-3, У-УК-7
3	Final	9-14	0/8/0		50	SA-15	В-ОПК-3, В-УК-7
	<i>Totals for 4 Semester</i>		0/18/0		100		
	<b>Assessment events for 4 Semester</b>				0	SA	В-ОПК-3, В-УК-7
	<i>5 Semester</i>						
1	Practical	1-8	0/24/0		20	SA-8	3-ОПК-3, 3-УК-7
2	Control by the selected type of physical training	5-15	0/6/0		30	SA-15	У-ОПК-3, У-УК-7
3	Final	9-15	0/24/0		50	SA-15	В-ОПК-3, В-УК-7
	<i>Totals for 5 Semester</i>		0/54/0		100		

	<b>Assessment events for 5 Semester</b>				0	SA	B-ОПК-3, B-УК-7
	<i>6 Semester</i>						
1	Practical	1-8	0/24/0		20	SA-8	3-ОПК-3, 3-УК-7
2	Control by the selected type of physical training	4-15	0/6/0		30	SA-15	У-ОПК-3, У-УК-7
3	Final	9-14	0/24/0		50	SA-15	B-ОПК-3, B-УК-7
	<i>Totals for 6 Semester</i>		0/54/0		100		
	<b>Assessment events for 6 Semester</b>				0	SA	B-ОПК-3, B-УК-7
	<i>7 Semester</i>						
1	Practical	1-8	0/46/0		20	SA-8	3-ОПК-3, 3-УК-7
2	Control by the selected type of physical training	5-15	0/8/0		30	SA-15	У-ОПК-3, У-УК-7
	<i>Totals for 7 Semester</i>		0/54/0		50		
	<b>Assessment events for 7 Semester</b>				50	PFE	B-ОПК-3, B-УК-7

\* – abbreviated name of assessment

\*\* – 100 maximum points per semester including a pass/fail exam and (or) an exam

Abbreviated current assessment forms and section assessment

Abbreviation	Full name
SA	Section assessment
SA	Summative assessment
PFE	Pass/fail examination

## SYLLABUS

Weeks	Topics / Content	Lect., hrs.	Pr./sem., hrs.	Lab., hrs.
	<i>1 Semester</i>	0	65	0
<b>1-8</b>	<b>Practical</b>	0	30	0
1	<b>Organizational</b> Acquaintance with the program of occupations in departments. Personnel safety notification. Reception of control standards	All		
		0	2	0
		Online		
		0	0	0
1	<b>Organizational</b> introduction lectures, set in sections of sports department, a set on the directions of sports of the main department, a set in special department	All		
		0	2	0
		Online		
		0	0	0
2 - 8	<b>Practical training</b> According to practical material of departments of chair	All		
		0	26	0
		Online		

		0	0	0
<b>5-15</b>	<b>Control by the selected type of physical training</b>	0	5	0
5	<b>Reception of control standards</b> Special tests of physical fitness in the directions of sports of the main department, on sections of sports office, individual tests of special department	All		
		0	2	0
		Online		
0	0	0		
15	<b>Reception of control standards</b> Special tests of physical fitness in the directions of sports of the main department, on sections of sports office, individual tests of special department	All		
		0	3	0
		Online		
0	0	0		
<b>9-15</b>	<b>Final</b>	0	30	0
9 - 16	<b>Practical training</b> According to practical material of departments of chair	All		
		0	26	0
		Online		
0	0	0		
16	<b>Control training</b> Expert estimate of technical, tactical and functional state of students	All		
		0	4	0
		Online		
0	0	0		
18 - 23	<b>In addition:</b> Additional classes with inscheduled students, sports and physical improving work with students in the period of examinations and winter vacation in SC "Volga" (sports camp). Educational and training occupations with students of a course of sports improvement (sports office) in SC "Volga". Special tests of physical fitness in the directions of sports of the main department, on sections of sports office, individual tests of special department	All		
		0	0	0
		Online		
0	0	0		
	<i>2 Semester</i>	0	18	0
<b>1-8</b>	<b>Practical</b>	0	6	0
1	<b>Organizational</b> Acquaintance with the program of occupations in departments. Personnel safety notification. Reception of control standards	All		
		0	2	0
		Online		
0	0	0		
1 - 8	<b>Practical training</b> According to practical material of departments of chair	All		
		0	4	0
		Online		
0	0	0		
<b>4-15</b>	<b>Control by the selected type of physical training</b>	0	4	0
4	<b>Reception of control standards</b> Special tests of physical fitness directions of sports of the main department, on sections of sports departments, individual tests of special department.	All		
		0	2	0
		Online		
0	0	0		
14	<b>Reception of control standards</b> Special tests of physical fitness directions of sports of the main department, on sections of sports departments, individual tests of special department.	All		
		0	2	0
		Online		
0	0	0		
<b>9-14</b>	<b>Final</b>	0	8	0
9 - 15	<b>Practical training</b> According to practical material of departments of chair	All		
		0	6	0
		Online		

		0	0	0
15	<b>Control training</b> Expert estimate of technical, tactical and functional state of students	All		
		0	2	0
		Online		
		0	0	0
16 - 21	<b>In addition:</b> Additional classes with inscheduled students, sports and physical improving work with students in the period of examinations and summer vacation in SC "Volga" (sports camp). Educational and training occupations with students of a course of sports improvement (sports office) in SC "Volga".	All		
		0	0	0
		Online		
		0	0	0
	<i>3 Semester</i>	0	65	0
<b>1-8</b>	<b>Practical</b>	0	30	0
1	<b>Organizational</b> Acquaintance with the program of occupations in departments. Personnel safety notification. Reception of control standards	All		
		0	2	0
		Online		
		0	0	0
1	<b>Organizational</b> introduction lectures, set in sections of sports department, a set on the directions of sports of the main department, a set in special department	All		
		0	2	0
		Online		
		0	0	0
2 - 8	<b>Practical training</b> According to practical material of departments of chair	All		
		0	26	0
		Online		
		0	0	0
<b>5-15</b>	<b>Control by the selected type of physical training</b>	0	5	0
5	<b>Reception of control standards</b> Special tests of physical fitness in the directions of sports of the main department, on sections of sports office, individual tests of special department	All		
		0	2	0
		Online		
		0	0	0
15	<b>Reception of control standards</b> Special tests of physical fitness in the directions of sports of the main department, on sections of sports office, individual tests of special department	All		
		0	2	0
		Online		
		0	0	0
<b>9-15</b>	<b>Final</b>	0	30	0
9 - 16	<b>Practical training</b> According to practical material of departments of chair	All		
		0	26	0
		Online		
		0	0	0
16	<b>Control training</b> Expert estimate of technical, tactical and functional state of students	All		
		0	4	0
		Online		
		0	0	0
18 - 23	<b>In addition:</b> Additional classes with inscheduled students, sports and physical improving work with students in the period of examinations and winter vacation in SC "Volga" (sports camp). Educational and training occupations with students of a course of sports improvement (sports office) in SC "Volga".	All		
		0	0	0
		Online		
		0	0	0

	Special tests of physical fitness in the directions of sports of the main department, on sections of sports office, individual tests of special department			
	<i>4 Semester</i>	0	18	0
<b>1-8</b>	<b>Practical</b>	0	6	0
1	<b>Organizational</b> Acquaintance with the program of occupations in departments. Personnel safety notification. Reception of control standards	All		
		0	2	0
		Online		
		0	0	0
1 - 8	<b>Practical training</b> According to practical material of departments of chair	All		
		0	4	0
		Online		
		0	0	0
<b>4-15</b>	<b>Control by the selected type of physical training</b>	0	4	0
4	<b>Reception of control standards</b> Special tests of physical fitness directions of sports of the main department, on sections of sports departments, individual tests of special department.	All		
		0	2	0
		Online		
		0	0	0
14	<b>Reception of control standards</b> Special tests of physical fitness directions of sports of the main department, on sections of sports departments, individual tests of special department.	All		
		0	2	0
		Online		
		0	0	0
<b>9-14</b>	<b>Final</b>	0	8	0
9 - 15	<b>Practical training</b> According to practical material of departments of chair	All		
		0	6	0
		Online		
		0	0	0
15	<b>Control training</b> Expert estimate of technical, tactical and functional state of students	All		
		0	2	0
		Online		
		0	0	0
16 - 21	<b>In addition:</b> Additional classes with inscheduled students, sports and physical improving work with students in the period of examinations and summer vacation in SC "Volga" (sports camp). Educational and training occupations with students of a course of sports improvement (sports office) in SC "Volga".	All		
		0	0	0
		Online		
		0	0	0
	<i>5 Semester</i>	0	54	0
<b>1-8</b>	<b>Practical</b>	0	24	0
1	<b>Organizational</b> Acquaintance with the program of occupations in departments. Personnel safety notification. Reception of control standards	All		
		0	2	0
		Online		
		0	0	0
1	<b>Organizational</b> introduction lectures, set in sections of sports department, a set on the directions of sports of the main department, a set in special department	All		
		0	2	0
		Online		
		0	0	0
2 - 8	<b>Practical training</b>	All		

	According to practical material of departments of chair	0	20	0
		Online		
		0	0	0
<b>5-15</b>	<b>Control by the selected type of physical training</b>	0	6	0
5	<b>Reception of control standards</b> Special tests of physical fitness in the directions of sports of the main department, on sections of sports office, individual tests of special department	All		
		0	2	0
		Online		
		0	0	0
15	<b>Reception of control standards</b> Special tests of physical fitness in the directions of sports of the main department, on sections of sports office, individual tests of special department	All		
		0	4	0
		Online		
		0	0	0
<b>9-15</b>	<b>Final</b>	0	24	0
9 - 16	<b>Practical training</b> According to practical material of departments of chair	All		
		0	20	0
		Online		
		0	0	0
16	<b>Control training</b> Expert estimate of technical, tactical and functional state of students	All		
		0	4	0
		Online		
		0	0	0
18 - 23	<b>In addition:</b> Additional classes with inscheduled students, sports and physical improving work with students in the period of examinations and winter vacation in SC "Volga" (sports camp). Educational and training occupations with students of a course of sports improvement (sports office) in SC "Volga". Special tests of physical fitness in the directions of sports of the main department, on sections of sports office, individual tests of special department	All		
		0	0	0
		Online		
		0	0	0
	<i>6 Semester</i>	0	54	0
<b>1-8</b>	<b>Practical</b>	0	24	0
1	<b>Organizational</b> Acquaintance with the program of occupations in departments. Personnel safety notification. Reception of control standards	All		
		0	2	0
		Online		
		0	0	0
1 - 8	<b>Practical training</b> According to practical material of departments of chair	All		
		0	22	0
		Online		
		0	0	0
<b>4-15</b>	<b>Control by the selected type of physical training</b>	0	6	0
4	<b>Reception of control standards</b> Special tests of physical fitness directions of sports of the main department, on sections of sports departments, individual tests of special department.	All		
		0	2	0
		Online		
		0	0	0
14	<b>Reception of control standards</b> Special tests of physical fitness directions of sports of the main department, on sections of sports departments, individual tests of special department.	All		
		0	4	0
		Online		
		0	0	0
<b>9-14</b>	<b>Final</b>	0	24	0

9 - 15	<b>Practical training</b> According to practical material of departments of chair	All		
		0	20	0
		Online		
		0	0	0
15	<b>Control training</b> Expert estimate of technical, tactical and functional state of students	All		
		0	4	0
		Online		
		0	0	0
16 - 21	<b>In addition:</b> Additional classes with inscheduled students, sports and physical improving work with students in the period of examinations and summer vacation in SC "Volga" (sports camp). Educational and training occupations with students of a course of sports improvement (sports office) in SC "Volga".	All		
		0	0	0
		Online		
		0	0	0
	<i>7 Semester</i>	0	54	0
<b>1-8</b>	<b>Practical</b>	0	46	0
1	<b>Organizational</b> Acquaintance with the program of occupations in departments. Personnel safety notification. Reception of control standards	All		
		0	2	0
		Online		
		0	0	0
1	<b>Organizational</b> introduction lectures, set in sections of sports department, a set on the directions of sports of the main department, a set in special department	All		
		0	2	0
		Online		
		0	0	0
2 - 8	<b>Practical training</b> According to practical material of departments of chair	All		
		0	18	0
		Online		
		0	0	0
9 - 16	<b>Practical training</b> According to practical material of departments of chair	All		
		0	24	0
		Online		
		0	0	0
18 - 23	<b>In addition:</b> Additional classes with inscheduled students, sports and physical improving work with students in the period of examinations and winter vacation in SC "Volga" (sports camp). Educational and training occupations with students of a course of sports improvement (sports office) in SC "Volga". Special tests of physical fitness in the directions of sports of the main department, on sections of sports office, individual tests of special department	All		
		0	0	0
		Online		
		0	0	0
<b>5-15</b>	<b>Control by the selected type of physical training</b>	0	8	0
5	<b>Reception of control standards</b> Special tests of physical fitness in the directions of sports of the main department, on sections of sports office, individual tests of special department	All		
		0	4	0
		Online		
		0	0	0
15	<b>Reception of control standards</b> Special tests of physical fitness in the directions of sports of the	All		
		0	2	0

	main department, on sections of sports office, individual tests of special department	Online		
		0	0	0
16	<b>Control training</b> Expert estimate of technical, tactical and functional state of students	All		
		0	2	0
		Online		
		0	0	0

Abbreviated names of online options:

Abbreviation	Full name
EC	E-course
FtM	Full-text material
FtL	Full-text lectures
VM	Video materials
AM	Audio materials
Prs	Presentations
T	Tests
ERM	E-reference materials
IS	Interactive site

## 6. EDUCATIONAL TECHNOLOGIES

### ORGANIZATION OF CARRYING OUT EDUCATIONAL PROCESS.

For carrying out educational process students are distributed on educational departments: basic, special and sports.

Distribution is carried out to educational departments at the beginning of academic year taking into account a state of health (medical certificate), physical development, physical and sports fitness, interests of the student.

The students included in list of main and preparatory medical groups are enlisted in the basic educational department.

The students that are relevant by medical examination in special medical group are enlisted in special educational department. Educational groups are completed taking into account by the level of a functional condition of students. The students exempted for health reasons from a practical training for long term are enlisted in special educational office for development of sections of the course which available to them.

Sports educational department – educational groups on sports (systems of physical exercises), are enlisted the students of all courses of the main medical group who have shown good general physical and sports fitness and desire to engage in depth one of the sports organized at university. The number of members is determined by taking into account the sports qualification, but can not exceed 15 people. Students of sports educational department fulfill obligatory requirements and standards (tests) established for the main department and in the same terms. The certain students of sports department whose have high sports qualification can be transferred to the individual schedule of occupations to the chosen sports with performance in established periods of obligatory test requirements and tests.

The directions on sports of the main educational department and section of sports educational department are defined by chair of physical training with material and regular resources.

Practical training makes a basis of physical training of students, is provided in curricula on all specialties, includes in the educational schedule of university on the entire period of training not less than 328 hours.

In practical sections of the working program in physical culture are including the maintenance of system of special knowledge, abilities, skills and means of the accented development of vital, applied psychophysical qualities, provision of valuable attitude towards them.

Individual and group additional classes (consultations) are given in the schedule of chair of physical training after the termination of a semester for the students who aren't coping with test requirements and also peoples who interested in deepen the knowledges and practical skills in the questions interesting them on physical culture and sport.

Control occupations provide operational, current and final information about extent of assimilation of a training material. At the end of a semester and academic year the students of all educational departments who have executed the training program pass test on physical culture (elective discipline), the expert mark of the teacher for test is put down on the 50th mark scale.

Practical examination requirements and tests for game sports are carried out in class hours at control competitions to which the students who were regularly attending studies and received necessary preparation are allowed.

Testing of students are accepted by teachers of educational department. The mark about testis brought in chair lists, sheets of faculty and the record book of the student.

The students who haven't passed medical examination aren't allowed to a practical training.

The students who carried according to medical examination in special medical group, having any chronic disease or poor physical development are enlisted in special educational office. Students of special department complete those sections of the program, requirements and tests which are available to them for health state. At the end of each semester they prepare papers on the subject connected with their individual deviations in a state of health. An admission condition to test exercises is the regularity of visit of studies providing physiologically and methodically justified increase of functional and motive readiness.

Content of classes in physical culture with students of special office includes:

- the improving and rehabilitation form of physical culture connected with the directed use of physical exercises as prevention, rehabilitation of diseases and restoration of the functions of an organism broken or lost owing to diseases, injuries, over fatigue and other reasons. It version is the medical physical culture which has a wide complex of the means and methods (remedial gymnastics, the dosed walking, run and other exercises) connected with kind of diseases, injuries or other violations of functions of an organism (an overstrain, chronic exhaustion, age changes, etc.). This means are used in such modes, as "sparing", "toning", "training", etc., and individual sessions – procedures, occupations of fixed type, etc.

The main direction of rehabilitation (medical and physical) – the restoration of patient health by means of complex use of various means directed to the maximum restoration of functions of an organism, and in case of impossibility of achievement of it is development of compensatory and replaceable devices (functions);

- background types of physical culture which include hygienic physical culture.

Release of students from a practical training on physical culture according to the conclusion of the doctor can be a temporary measure. The students exempted from a practical training for the long period study methods of physical training, a technique of individual and independent occupations, independently study special literature on the instructions of the teacher. At the end of a semester they

pass to the teacher test on knowledge of methodical principles of physical culture, and also perform written examination on the disease.

Taking into account requirements of the working program and the schedule of studies teachers have the right to choose the methods and tutorials which are most fully answering to their professional opportunities and providing high quality of educational process.

Teachers take full responsibility for adequate nature of the exercises offered students and providing necessary safety measures when carrying out studies.

## 7. ASSESSMENT TOOLKIT

The assessment toolkit ensures verification of the intended learning outcomes achievement (competency-based rubrics) using current, midterm and interim assessment of the course.

The link between developed competencies and their assessment is presented in the following table:

Competency	Achievement rubrics	Assessment activity (Syl 1)	Assessment activity (Syl 2)	Assessment activity (Syl 3)	Assessment activity (Syl 4)	Assessment activity (Syl 5)	Assessment activity (Syl 6)	Assessment activity (Syl 7)
ОПК-3	3-ОПК-3	SA-8						
	Y-ОПК-3	SA-15						
	B-ОПК-3	SA, SA-15	PFE					
YK-7	3-YK-7	SA-8						
	Y-YK-7	SA-15						
	B-YK-7	SA, SA-15	PFE					

### Educational achievement rubrics scales

The scale of each assessment activity varies from 0 to the maximum established point, inclusive. The final assessment of the course is performed on a 100-point scale and represents the sum of the points earned by the student in the section assessments, framework of current and interim assessment.

Sections and interim assessments are considered passed when the student achieves a minimum score equal to 60% of the maximum. The final grade is assigned only upon passing all sections and the interim assessment.

The final grade is assigned in accordance with the following scale:

Total score	Rating on a 4-point scale	Pass/fail examination	ECTS assessment
90-100	5 – « <i>excellent</i> »	« <i>pass</i> »	A
85-89	4 – « <i>good</i> »		B
75-84			C
70-74			D
65-69	3 – « <i>satisfactory</i> »		

60-64			E
below 60	2 – «fail»	«fail»	F

An “excellent” grade indicates a deep and solid mastery of the program material by a student who presents their answers consistently, clearly, and logically, is able to closely link theory with practice, and uses materials from monographic literature in their answers.

A “good” grade corresponds to a student’s solid knowledge of the material, who presents their answers competently and to the point, without any significant inaccuracies.

A “satisfactory” grade corresponds to the basic level of mastery of the material by the student, in which the main material has been mastered, but its details have not been assimilated, the answers contain inaccuracies, insufficiently correct wording and logical inconsistencies.

A grade “pass” corresponds to at least a basic level of mastery of the program material, in which the student possesses the necessary knowledge, skills, and abilities, and is able to apply theoretical principles to solve typical practical problems.

A grade “fail” is given to a student who lacks a significant understanding of the curriculum material, makes significant errors in their answers, or fails all required assignments. These students are generally unable to continue their studies without additional classes.

## **8. ACADEMIC COURSE EDUCATIONAL, METHODOLOGICAL AND INFORMATIONAL SUPPORT**

### **CORE READING:**

1. ЭИ К48 Key Concepts in Sport and Exercise Sciences : , Cooke, Carlton B. , Kirk, David. , Flintoff, Anne. , London: SAGE Publications, 2011
2. ЭИ К41 Key concepts in sport psychology / : , Kremer, John , London: SAGE, 2011
3. ЭИ М88 The endurance running training program for Russian and foreign students in a technical institution of higher education : The study guide, Esaulov M.N., Mosina I.N., Mosin I.V., Moscow: National Research Nuclear University МЭФИ, 2018
4. ЭИ Л 53 Лечебная физическая культура : , , Москва: ГЭОТАР-Медиа, 2014
5. ЭИ Л 53 Лечебная физическая культура и массаж : , Епифанов В.А., Москва: ГЭОТАР-Медиа, 2014
6. ЭИ О-26 Обучение комплексу базовых боевых приемов самбо : учебное наглядное пособие, Есаулов М.Н. [и др.], Москва: НИЯУ МИФИ, 2015
7. ЭИ Ф 50 Физическая культура : , , Москва: Издательство "Феникс", 2014
8. ЭИ Ф 50 Физическая культура студента : , Дядичкина Н. С. [и др.], Красноярск: Сибирский Федеральный Университет, 2011

#### FURTHER READING:

1. ЭИ Л 53 Лечебная физическая культура и массаж : , Епифанов В.А., Москва: ГЭОТАР-Медиа, 2014
2. ЭИ Л 53 Лечебная физическая культура и массаж : Рекомендовано Учебно-методическим объединением по медицинскому и фармацевтическому образованию вузов России в качестве учебника для студентов медицинских училищ и колледжей., Епифанов В.А., Москва: ГЭОТАР-Медиа, 2013
3. 796 О-26 Обучение комплексу базовых боевых приемов самбо : учебное наглядное пособие, Есаулов М.Н. [и др.], Москва: НИЯУ МИФИ, 2015
4. 796 С73 Спорт в МИФИ и нашей жизни : , Зуев В.И. [и др.], Москва: Научтехлитиздат, 2011
5. 796 Е25 Физическая культура : учебное пособие для вузов, Евсеев Ю.И., Ростов-на-Дону: Феникс, 2014
6. 37 С85 Физическая культура и спорт в университетах: статистический и социологический анализ : , Стриханов М.Н., Савинков В.И., Москва: ЦСПиМ, 2015
7. ЭИ Ф 50 Физическая культура студента : , Дядичкина Н. С. [и др.], Красноярск: Сибирский Федеральный Университет, 2011

#### SOFTWARE:

No special softwares is required

#### LMS AND ONLINE RESOURCES

<https://online.mephi.ru/>

<http://library.mephi.ru/>

### **9. LOGISTICAL SUPPORT**

1. игровой зал (спорткорпус НИЯУ МИФИ)
2. зал самбо (спорткорпус НИЯУ МИФИ)
3. зал самбо №2
4. тренажерный зал
5. плоскостные сооружения (НИЯУ МИФИ)

### **10. EDUCATIONAL AND METHODOLOGICAL RECOMMENDATIONS FOR STUDENTS**

Attestation of discipline "Physical culture" (elective discipline) is carried out according to two sections of educational activity and concluding test session. The expert assessment of the teacher and an assessment of results of the corresponding tests on the developed tables acts as criterion for

evaluation of success of development of a training material. On each of two sections the separate mark is put down.

Practical section. Mastering practical skills.

Digestion of material of the section is defined proceeding from attendance of a practical training and level of mastering practical skills on an assessment not lower than 12 points from 20 greatest possible.

The control section by the chosen type of physical training. Carrying out of control standards.

In this section committing of special control tests in the chosen directions of sports, for the students who are trained in the basic educational department and special control tests of the chosen sports sections for sports educational department is carried out. The choice of control tests is defined by teachers on the basis of the developed funds of estimated means. In special educational department the choice of test exercises is carried out individually, taking into account medical indications of the student.

The control section by the chosen type of physical training is estimated on the 30th mark scale, for successful certification of the section it is necessary to execute a minimum in 18 points.

## **11. EDUCATIONAL AND METHODOLOGICAL RECOMMENDATIONS FOR TEACHERS**

At the beginning of the first semester, the Physical Education Department assigns first-year students to departments and sport areas based on gender, health status (medical report), physical development, physical and athletic fitness, and interests. Transferring students from their chosen sport area to another is permitted only before the start of a new semester, in the absence of medical contraindications and with the permission of faculty from the relevant departments. At the beginning of each semester, before practical classes, the instructor is required to conduct a briefing and explain the curriculum for that semester. Students must sign the attendance log and the student safety briefing checklist. Students who do not have a practical class clearance card certifying the absence of medical contraindications are not allowed to participate in practical classes and must study the methodological portion of the curriculum for their chosen sport.

Based on the requirements of the work program and class schedule, instructors have the right to select teaching methods and tools that best suit their professional capabilities and ensure a high-quality educational process. Instructors are fully responsible for the appropriateness of the exercises offered to students and for ensuring the necessary safety precautions during training sessions.

If a student is excused from practical classes during illness and recovery, the instructor assigns an assignment on the methodological section of the chosen sport to be counted toward the duration of the class. In the event of a long-term exemption (more than 8 weeks), the student's transfer to a special section will be considered in consultation with the department leadership.

In accordance with the Federal Standards of Physical Education, instructors are obligated to allow only those students who regularly attend practical classes and do not have an exemption due to illness to take the assessment tests.

Author(s):

Klimakov Aleksej Vladimirovich / Климаков Алексей  
Владимирович /

Reviewer(s):

Esaulov Mikhail Nikolaevich / Есаулов Михаил  
Николаевич /